

# In Season:



# Asparagus!



## NUTRIENTS IN ASPARAGUS:

Vitamins: A, C, and folate; and fiber.

## SELECTION:

Choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

## STORAGE:

Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in plastic bag.

## QUICK FIX TIPS:

- Grill asparagus and add to a salad of mixed greens, roasted peppers, and toasted nuts.
- Drizzle cooked asparagus with a Hollandaise sauce for a delicious side dish.
- Steam asparagus and snap peas for about 5 minutes. Plunge into cold water, drain, and stir-fry with olive oil for about 5 minutes. Season with salt and pepper and serve!



## Baked Asparagus with Parmesan Cheese

**Prep Time:** 20 Minutes  
**Serves:** 4

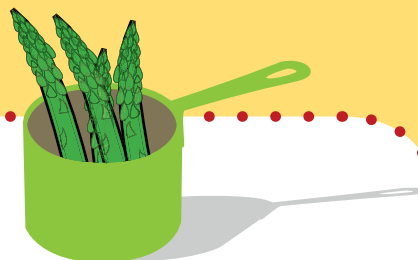
### Ingredients:

- 1 pound asparagus, trimmed
- 1 tsp olive oil
- 1 tbsp Parmesan cheese, freshly grated
- 1½ tbsp bread crumbs

**Cups of Fruits and  
Vegetables per Serving:** ½

### Preparation:

1. Preheat oven to 450° F.
2. In a medium baking dish, toss asparagus with the oil and arrange in an even layer.
3. Sprinkle with the Parmesan and bread crumbs.
4. Bake for about 15 minutes or until asparagus is tender.



### Nutritional Information per Serving:

Calories:56; Total Fat:1.6g;  
Dietary Fiber:3g; Sodium:38mg



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Recipe is courtesy of Produce for Better Health Foundation (PBH).

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